

GREEN LAKE



SEATTLE PARKS
AND RECREATION

Complex *WINTER* 2004

Green Lake Complex

7201 E Green Lake Drive N

Seattle, WA 98115-5301

206-684-0780

Evans Pool

206-684-4961

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Walk-in Registration begins January 5th

Holiday Closures

Mon, January 19

Dr. Martin Luther King, Jr.'s Birthday

Mon, February 16

President's Day

Evans Pool Maintenance Closure

March 1 - 14

Green Lake Community Center

7201 E Green Lake Dr N

Seattle, WA 98115-5301

Phone: 206-684-0780 Fax 206-684-0881

Visit us online at www.seattle.gov/parks!

Hours of operation

Monday through Friday 10 a.m. – 9 p.m.

Saturday 10 a.m. – 5 p.m.

Sunday Noon – 4 p.m.

Holiday closures

January 21, Dr. Martin Luther King, Jr.'s birthday

February 18, Presidents' Day

Program registration

Walk-in registration begins January 5

Program dates

January 1 to March 28

Directions

The Community Center and Pool are located on E Green Lake Dr N at NE 72nd St.

Heading North on I-5:

- Take the 65th St./ Ravenna Blvd. exit
- Turn left on 65th St. heading west
- Bear right on NE Ravenna Blvd. heading northwest for .3 miles
- Bear right on E. Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

Heading South on I-5:

- Take the NE 70th St. exit
- Turn right onto NE 70th St.
- Continue on NE 70th St. heading west until you reach Green Lake Dr. N.
- Turn right onto Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

You can make a difference!

The Green Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Green Lake's Advisory Council is always looking for new members. Meetings are held on the third Tuesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Green Lake Advisory Council members also create

scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Management Staff

Ken Bounds Superintendent
Christopher Williams Recreation Director
Maureen O'Neill.....North Division Manager
Kathy Whitman.....Aquatic Manager

Center Staff

Jeff SkinnerRecreation Coordinator
Marlan TeetersAsst. Recreation Coordinator
Monica Wort Teen Development Leader
Jayla McGillSenior Programmer
Joanna Li.....Recreation Attendant
Jasen ThomasRecreation Attendant
Mike Chapman.....Building Maintenance (AM)
Albert CainBuilding Maintenance (PM)
Ryan Manning..... Week-end Supervisor

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on

the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

Meeting Room #1, Meeting Room #3 with kitchen, and the Gym are available for rental on an availability basis. Rates are reasonable, so schedule your next birthday party, wedding reception, and potluck event with us. For more information, please call 206-684-0780.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



Toddler/Preschool Activities

Babysitting

Drop off your child while you run the lake, participate in exercise classes or just need some time to yourself.

Registration and payment must be made in advance. Please do so by stopping by or calling the Green Lake Community Center at 206-684-0780.

Instructor: Nadia Bekker

Age: 6 months to 5 years

MWF 9:30 a.m. – 1:30 p.m.

\$4 per hour per child

Toddler Play Center

It's FUN TIME every day in the Children's Play Center at Green Lake Recreation Complex. There are many toys for children including climbing



frames, see-saws, learn-to-walk bikes, play-houses, blocks, cars, trucks, dolls, and bug-gies. What a great way for your child to learn and socialize with other children. New toys are added each year.

Parental Supervision Required

Please use upstairs lobby area to eat your snacks.

Age: 5 and Under

Mon – Fri 11 a.m. – 8:30 p.m.

Saturdays 10 a.m. – 4 p.m.

Sundays Noon – 3:30 p.m.

\$2 /per child/Drop-in Annual Pass \$50

Story Time

Come join Children's Librarian Esther Meyers for story time while the Green Lake Library is closed. Toddlers ages 18 mo. to 3 yrs will participate in activities such as stories, action rhymes and music. Preschoolers ages 3 yrs to 5 yrs will participate in activities such as stories, action rhymes, music and crafts.

18 mo – 3 yrs Wed 10 – 10:45 a.m.

3 – 5 years Wed 11 – 1:45 a.m.

Free

Preschool – Play and Learn

Your children will have fun socializing with friends, playing and learning in a child-centered environment. Activities will include arts and crafts, imaginative play, construction, large- and small-muscle development, coordination, music and movement. There will be an orientation for parents wishing to continue the problem solving approach to behavior and learning with their children at home. For more information about the Play and Learn Preschool, please call Eleanor at 206-789-7643. This class is year round, with no breaks. Parents Provide Snack.

\$25 deposit for new students.

Monday/Wednesday/Friday

Instructor: Eleanor Reynolds

4- to 5-Year-Olds

MWF 9:30 a.m. – Noon Jan 2 – Mar 31

\$139.50 per Month

3- to 4-Years-Olds

Tue, Thu 9:30 a.m. – Noon Jan 5 – Mar 30

\$112 per Month

Preschool Pottery

Pottery is an exciting and creative art experience for kids. This class is designed to give kids some basic skills in building objects out of clay using pinch, coil and slab construction. We do many fun projects, such as masks, bowls, and animal cups, while experimenting with textures, glazes, and more. Each new quarter brings new and exciting projects so that both new and continuing students are welcome. Min 4/Max 8

Instructor: Faye Baker

Age: 3 to 5

Mondays 11 – 11:45 a.m. Jan 26 – Mar 22

\$75

Toddler Play Center Open Hours

Mon – Fri 11 a.m. – 8:30 p.m.

Sat 10 a.m. – 4:30 p.m.

Sun 12:30 p.m. – 3:30 p.m.

Pottery

Clay Play for 5- to 7-Year-Olds

Come join the fun! Squeeze, pinch, roll, slop, or poke clay into funky critters, dinosaurs, lizards, turtles and other creative things. Lots of hands-on instruction will be given to help young budding artists explore the fabulous medium of clay

Mondays 4 – 5 p.m. Jan 26 – Mar 22

\$75 Now 8-Week Classes!

Family Ceramics

This is a very special class where families can work together on projects made with clay. Lots of samples and demonstrations will be provided as well as hands on instruction. Some possible projects are clay pizza, rooms with a view, dinosaurs and a chance to experience the potter's wheel! Come ready to get messy and of course be creative.

Age: 2½ to 12 years old

Mondays 6:30 – 7:15 p.m. Jan 26 – Mar 22

\$115 Now 8-Week Sessions!

Spring Egg Hunt

Free

Come fill your baskets full of candy and goodies. Children will be separated into four age groups: 3 and under, 4 to 6, 7 to 9, and 10



to 12. Please meet in the Gymnasium before your child's designated time. Come rain or shine. This is an outdoor event so please dress according to the weather. The Egg Hunt begins at 10 am

sharp for 3 and under, 10:30 am for 4 – 6, and 11 am for 7 – 9 and 10 – 12. We are looking for volunteers; if you are interested please call 206-684-0780.

Age: 12 and under

Pots Galore for 8- to 12-Year-Olds

This pottery class focuses a lot on technique, teaching young people how to really make POTS. Mostly hand building will be explored but students will also get the chance to try out the potter's wheel.

Instructor: Faye Baker

Mondays 5:15 – 6:15 p.m. Jan 26 – Mar 22

\$75 Now 8-Week Sessions!

Athletics

Little Soccer Stars

A fun instructional soccer program utilizing age appropriate activities and games designed to develop individual ball handling skills and technique. Classes are taught by the nationally licensed Director/Head Coach Beatrice Ryan of the Soccerville Academy. Min 4/Max 10 **Ages 4 to 5.**

\$45

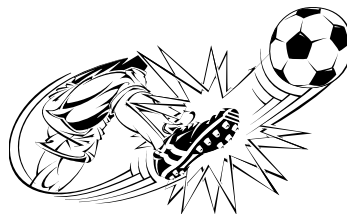
Session 1

Thursdays 2:30 – 3:15 p.m. Jan 15 – Feb 12

Fridays 2:30 – 3:15 p.m. Jan 16 – Feb 13

Session 2

Thursdays 2:30 – 3:15 p.m. Feb 26 – Mar 25



Soccer Clinic

This is a special clinic for the soccer player trying out for "Select" teams in March and/or for the player seeking extra clinics in soccer technique, tactics and conditioning off-season. **Ages 9 – 11.**

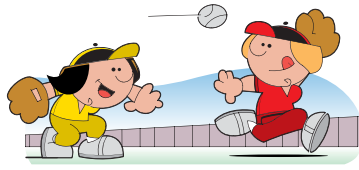
Winter and Spring \$70.50

**Instructor: Beatrice Ryan, Soccerville Academy
National USSF "C" license.**

Thursdays 4 – 5 p.m. Apr 22 – May 8

Thursdays 5 – 6 p.m. Apr 22 – May 8

Youth/Teen Athletics and Martial Arts



Girls Softball

Learn the mechanics of softball – throwing, catching, running bases – and feel the thrill of playing America's favorite pastime! Practices begin in April after school at the Green Lake fields. Games are played in May and June with most of the games played at lower woodland baseball diamonds. Ages 10 – 11 play modified fast pitch, 12- to 17-year-olds play regular fast pitch. Age is determined by how old the child was on 8/31/03. A copy of the child's birth certificate and a sports registration form are required at time of registration. **Ages 10 to 18**
\$30

Track and Field – Youth

Join the Green Lake Gator track and field team and participate in of the largest youth track and field programs in the area. Practice will be held at lower Woodland track and will begin in April. Local and regional meets are scheduled in May and June and are held at Nathan Hale High School track or at West Seattle Stadium. Events are divided into age categories. Registration begins March 15.
\$30

Martial Arts

Tae Kwon Do – Beginning

Tae Kwon Do is a Korean Martial Art which teaches self defense while nurturing mental discipline, self-confidence and self-control. Students are instructed in stances, kicking, striking, blocking, sparring and pre-arranged forms. Students in the Intermediate and Advanced classes will be required to provide their own sparring equipment. **Ages 5+ Open to any rank.**

Instructor: Stuart Hamilton

Tue, Fri 4 – 4:45 p.m. Jan 1 – Mar 28
\$45 per Month

Tae Kwon Do – Intermediate/Advanced

Tae Kwon Do is a Korean Martial Art which teaches self defense while nurturing mental discipline, self-confidence and self-control. Students are instructed in stances, kicking, striking, blocking, sparring and pre-arranged forms. *Students in the Intermediate and Advanced classes will be required to provide their own sparring equipment.*

Age: 7+ Open to orange belts & above

Tue, Fri 4:45 – 6 p.m. Jan 2 – Mar 29
\$45 per Month

Axé Capoeira

Brazilian Martial Art Classes

Capoeira is a martial art created by slaves in Brazil over 400 years ago. Its elements of ritualized combat weave together in an intricate dialogue of movements combined with aspects of dance, amazing acrobatics, and self-defense. Capoeira teaches discipline, coordination, flexibility, and self confidence. **Ages 5 – 13.** www.axecapoeira.com

Instructor: Monitor Coquinho

Sat 10 a.m. – Noon Jan 3 – Mar 27
\$35

Karate

The advanced principles of karate which include breathing control, energy generation, and self healing, in addition to take-downs, joint locks, break aways and other martial techniques. This class uses Goju-Ryu karate as a medium for developing their principles. **Ages 12+.**

Instructor: Boyd & Carol Gittins

Sat 10:30 a.m. – 12:30 p.m. Jan 3 – Mar 27
\$15 per Month



Teens

Aerobics/Fitness

Girlz Walking Club

Simple exercise, simple talk, simply girlz. Join us in a nicely paced walk around the Green Lake Path. We will chat about current situations with honest answers.

Fridays 3:30 – 4:30 p.m. Jan 9 – Mar 26

Art Classes

Portrait Drawing

Learn the skill of drawing faces for family portraits, friends, or just for fun. Discover your skills of measuring and proportion when rendering eyes, mouths, ears, noses, facial shapes, and hair. Whether you like to draw in graphite, pastels, or charcoal, this class is a fun introduction to drawing Portraits. **Age 12+.**

Instructor: Peter Kalbfleisch

Thursdays 4:30 – 5:30 p.m. Jan 22 – Feb 26
\$45

Suitcases Of Hope

Seattle's foster children often have no more than a plastic bag to carry their belongings. With your help we are hoping to change that by donating decorated suitcases to them. Please help us brighten an otherwise gloomy day for a Seattle child! Youth, you can help by bringing your creative ideas to life decorating and personalizing a suitcase or two; Adults, you can help begin the process by donating new or used luggage, art supplies, and your ingenuity. Your efforts will not go unappreciated! **Ages 11 – 19.**

Instructor: Monica Wort & Staff

Tue, Thu 3:30 – 5 p.m. Jan 6 – Apr 25

T-shirt Designs

Tired of paying too much for cool T-shirts? How about making your own T-shirt to match your unique personality?! Develop your skills with T-shirt Designs using tie dye, iron-on, stencil, and

Rit-dye methods. **Age 12+.**

Instructor: Peter Kalbfleisch

Mondays 4:30 – 5:30 p.m. Jan 25 – Feb 22
\$25

Teen Pottery: Introduction to Ceramic hand-building

This is an introductory class in ceramic art for teens. Learn hand-building techniques while you extrude, slab roll, fire, glaze, get messy and have fun. **Ages 12 – 18.**

Instructor: Richard Burmeister

Tuesdays 3:30 – 5 p.m.

Session 1 Jan 12 – Feb 24

Session 2 Mar 1 – Mar 29

Performing Arts & Dance

Hip-Hop Dance – Beginning

Learn to move and groove in this beginning hip hop dance class. No previous dance experience is necessary. Hip hop dance is a combination of beginning level dance skills and street-based moves techniques that help develop flexibility, balance and coordination. Class consists of warm up, abdominal work and choreography. **Ages 10 – 17.**

Instructor: Karina Doloriin

Thursdays 3:30 – 4:30 p.m. Jan 15 – Mar 18
\$75

Hip-Hop Dance – Intermediate

Have you ever dreamed of being a back up dancer for a famous musical artist? If so, this is the class for you. Intermediate hip hop dance is for the advanced beginning student. Hip hop dance is a combination of beginning level dance skills and street based moves that help develop flexibility, balance and coordination. Class consists of warm-up, abdominal work and choreography. **Ages 10 – 17.**

Instructor: Karina Dolorin

Thursdays 4:30 – 5:30 p.m. Jan 15 – Mar 18
\$75

Teen Late Nights

Teen Night

Every Friday night we have FREE activities for teens 11 – 19 years old. You do not have to be a part of the Teen Program to come! !!!

6 – 8 p.m. Minis

7:30 – 9 p.m. Open Gym

8 – 9 p.m. Free Swim

The new and improved Friday Night Program is now in session!! Sign-up for our exciting new mini-workshops. All workshops are from 6 – 8 pm. We still have the free teen swim from 8 – 9 p.m. Please register for Minis at Green Lake Community Center and make sure you have an Teen Event card on file.

Age: 11 – 18 years old

Orange Teen Event Card Required

January 2004

2nd

Mini 1 Making Taco's w/Monica (Veggie too)

Mini 2 Mosaics w/Kalindi

Mini 3 Jeremy Movie Madness

Mini 4 Music Mania w/Ryan

9th

Mini 1 Beginning Sign Language 1

Mini 2 Movie Madness w/Kalindi

Mini 3 Green Lake Court w/ Ryan & Jeremy

Mini 4 Cookies Galore w/Monica

16th

Mini 1 Pool Tournament w/Ryan

Mini 2 Beading 1 w/Kalindi (Loom only)

Mini 3 Beginning Sign Language 2

Mini 4 Health and Nutrition w/Jeremy

23rd

Mini 1 Self Defense – Girls Only

Mini 2 Beading 2 w/Kalindi (Loom only)

Mini 3 Music Jam (byo instruments) w/Ryan

Mini 4 Hip Hop Dance w/Lindzee

30th

Mini 1 Portable Challenge w/Monica

Mini 2 Paper Making w/Kalindi

Mini 3 Board Game & PS2 w/Ryan

Mini 4 Break Dancing w/Lindzee

February 2004

6th

Mini 1 Making Lumpia w/Monica (Veggie Too)

Mini 2 Mosaic with Kalindi

Mini 3 Music Mania w/Ryan

Mini 4 Hip-Hop Dance with Lindzee

13th

Mini 1 Belly Dancing Workshop

Mini 2 Scrapbooking 1 w/Kalindi

Mini 3 Pool Tournament with Jeremy

Mini 4 Break Dancing w/Lindzee

20th

Mini 1 Self Defense – Boys only

Mini 2 Scrap booking 2 w/Kalindi

Mini 3 Movie Madness w/Jeremy

Mini 4 Hip-Hop Dance w/Lindzee

27th

Mini 1 Beginning Sign Language 1

Mini 2 Portable Challenge w/Monica

Mini 3 Bath Salts w/Kalindi

Mini 4 Break Dancing w/Lindzee

March 2004

5th

Mini 1 Build your own pizza's w/Monica

Mini 2 Mosaic w/Kalindi

Mini 3 Beginning Sign Language 2

Mini 4 Hip Hop Dancing w/Lindzee

12th

Mini 1 Music Mania w/Jeremy

Mini 2 Beading 1 w/Kalindi

Mini 3 Board Game & PS2 w/Ryan

Mini 4 Break Dancing w/Lindzee

19th

Mini 1 Budgeting w/Jeremy

Mini 2 Beading 2 w/Kalindi

Mini 3 Pool Tournament w/Ryan

Mini 4 Hip Hop Dance w/Lindzee

Teen Late Nights

26th

Mini 1 Movie Madness with Ryan

Mini 2 Stewing 101 w/Kalindi

Mini 3 Self Defense

Mini 4 Break Dancing w/Lindzee

Mini-Workshop Class Descriptions

Introduction to Hip-Hop

This introduction to Hip Hop dance class will explore the skills and techniques that street-funk, jazz, isolations, and break dancing are founded upon. The class begins with warm up incorporating strength training and stretching to prepare dancing for a challenging and energetic class. Heavily influenced by contemporary rap and pop music, this class will also teach the styles and steps of such familiar performers as Janet Jackson, Justin Timberlake, Missy Elliot, Britney Spears, etc. Non-intimidating and very welcoming, all levels of experience will enjoy the opportunity to express themselves through diverse urban movement. Students can expect a great workout, an easy-to-follow pace, to feel totally comfortable and confident in their own dance styles, and to have a blast with one another. (Limit 20)

Green Lake Court

Only 4 cases will be heard by Judge Ryan. Bring any matter in front of a crowd of your friends and prepare for your day in court. (Limit 20)

Beading/Loom Beading

At this fun filled class you will learn to bead your own earrings, necklaces, pencil wraps or key chains. If you are a truly dedicated and patient person looking for an art activity that can bring a sense of peace into your life, then look no further. (Limit 10)

Mosaic

In this class we will use assorted colors of broken tile to mosaic the frame of a mirror. Done personally by you, mosaic mirrors make excellent gifts for any occasion. If you are crafty and creative, then you have to sign up today! (Limit 15)

Scrapbooking

Do you have too many pictures you don't know what to do with? Why not create a scrap book out of them. A scrap book is a great way to creatively record the memories of your life. Bring pictures of friends, family, and events such as school dances, graduations, and more. You can also bring artifacts such as movie ticket stubs and birthday invitations. (Limit 15)

Self Defense

Learn simple techniques to defend yourself from harm. This mini is taught by Stuart Hamilton a black belt in Tae Kwon Do. (Limit 15)

Board Game & PS@

Come and hang out with your friends with all the fabulous board games you can play. The Play Station 2 will also be out in full force, so bring your games or use some of ours. (Limit 20)

Portable Challenge

Work with others without speaking or seeing. Enjoy fun and challenging games while learning how to work in a group to get to a common goal. (Limit 15)

Music Jam

If you like to do improvisational jam session then this Mini is for you. Bring you instrument and your love of music to "Jam" with others. (Limit 10)

Music Mania

Bring your favorite cd's and friends and listen, dance, and laugh your way to fun! (Limit 15)

Cooking Classes

Mmmm free food, and I get to learn how to do it too!!...Sign me up! (Limit 10)

Belly Dancing

Learn some basic belly dancing movements and techniques. There will be costumes on hand to dress in. (Limit 20)

Teen Clubs

Green Lake Teen Council

The goal of the Teen Council is to involve youth in planning teen programs and activities for our community. The mission is to have youth implement their ideas and opinions through the six core developmental assets: environmental education and stewardship, arts and culture, life skills and job readiness, social recreation, citizenship and leadership development, and sports and fitness. All time served on Teen Council will count toward your service learning hours. We are looking for dedicated teens who want to get involved!!

Come and be a part of the decision making process. We are looking for a few strong teens, **ages 11 – 18**, who want to be involved in planning programs here at Green Lake Community Center.

Perks for members of the Council:

- * First to register for field trips (that you plan)
- * Service Learning Credits
- * Leadership Skills
- * Special Field Trips for Members only
- * Resume-builder for those looking for jobs or applying to college

Council Meetings are the 1st and 3rd Mondays each month.

January 5th & 19th

February 2nd & 16th

March 1st & 15th

If you are interested please call Monica Wort @ Green Lake Community Center at 206-684-0780.

Instructor: Monica Wort

Mondays 5 – 6:30 p.m. Jan 5 – Mar 15
Free

Magic the Gathering

Need a place to play Magic with your friends. Looking for new challenges and new opponents? Then Green Lake Community Center is the place to be. Bring your decks and friends and try our new Magic gaming time. Light snacks will be provided.

Wednesdays 4 – 6 p.m. Jan 21 – Mar 24

Adult Fitness

Body Composition Testing

Testing helps determine realistic fitness goals for yourself based on percentage of body fat, muscle weight, fat weight, resting metabolic rate and target weight range. Appointments take only five minutes for detailed report generated from an electronic impedance device. No pinching fat! Prior to testing you must fast four hours and avoid heavy exercise. You may drink water but no caffeine products. The test will be conducted by Sara Graham an exercise physiologist. After registering, staff will call to set up an appointment during the designated time. **Ages 16+.**

Instructor: Sara Graham

Wed., Jan. 14 5:30 – 7:30 p.m.

Wed., Mar. 17 5:30 – 7:30 p.m.
\$13

Tai Chi

Tai Chi is a form of Chinese exercise which uses slow, soft and circular movements to harmonize body and mind. It is often described as “a moving meditation” and a way to achieve health and tranquility. Tai Chi is excellent for balance, relaxation and concentration. Wear loose, comfortable clothing. **Ages 18+.**

Instructor: Jim Guidon

Age: 18+

Tuesdays 7 – 8 p.m. Free

Location: Game Room or, weather permitting, outdoors near lake shore.

Yoga – Gentle

For people who want to get in shape or just need a gentle yoga class. Good for folks who are recovering from serious illness or injury, have lower back problems or chronic fatigue syndrome. Emphasis on stretching, toning, breath work, healing visualizations and deep relaxation. Bring a PAD or large BLANKET, empty stomach and bare feet to class. Suitable for men and women 18 to 60. Min 6/ Max 14

Instructor: Margaret McAndrew

Thursdays 6:25 – 7:25 p.m. Jan 15 – Mar 4
\$52

Adults

Yoga – Hatha

The regular practice of Hatha Yoga postures (asanas) along with breath awareness, results in increased vitality, flexibility, and good muscle tone while stimulating the circulatory, respiratory, endocrine and immune systems. Class ends with deep relaxation or visualizations to reduce stress and nurture a peaceful mind.

Open to beginners and persons with a working knowledge of the basics. Bring a BLANKET or PAD, bare feet and an empty stomach to class. Suitable for men and women ages 18 to 60. This class is not appropriate for women during pregnancy (See Prenatal yoga). Min 6/Max 15 each session. **Age: 18+**

AM Session

Tuesdays 10 – 11 a.m. Jan 13 – Feb 17
\$42.50

AM Mini Session

Tuesdays 10 – 11 a.m. Feb 24 – Mar 16
\$28

PM Session

Thursdays 7:30 – 9 p.m. Jan 15 – Feb 19
\$58.50 6 Weeks

PM Mini Session

Thursdays 7:30 – 9 p.m. Feb 26 – Mar 18
\$39

Yoga – Prenatal

A prenatal program for women during the second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga exercises, breathing, visualizations and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive outlook. Bring a blanket and two pillows to class. Medical authorization required. Min 4/Max 14

Age: 18+

Thursdays 10 – 11:15 a.m. Jan 15 – Mar 4
\$61

Art Classes

Collage Art

Do you like posters, magazine ads, and photographs? If so, then you'll be ready to start working on your skills of collage. We will develop a series of collage works that have themes that relate to your interests and forms of expression. We will cut out images and text from magazines, photographs & newspapers then design graphic posters that tell your story.

Instructor: Peter Kalbfleisch

Age: 14 +

Wednesdays 4:30 – 5:30 p.m. Jan 21 – Feb 11
\$25

Drawing from Life for Beginners

Learn to draw anything around you! We will practice drawing techniques from quick gestures and develop complete drawings for your portfolio or wall. Through a variety of materials, like charcoal, ink, conte and coffee, we will draw with processes of the Renaissance Masters. Formally, we will utilize line, shape, composition, foreshortening and more. This is a great introduction to drawing for beginners and intermediate levels.

Age: 14+

Mondays 6:30 p.m. – 8 p.m. Jan 14 – Feb 18
\$45

Figure Drawing from Life for Beginners

Learn to draw the human body from a live model. Though previous drawing instruction is recommended, this is great introduction to figure drawing. This course will focus on the formal qualities of drawing like composition, balance, atmospheric perspective and foreshortening while drawing the human form. You will gain instruction on how to render the figure from gesture to form using a variety of materials.

Age: 18 +

Mondays 8 p.m. – 9:30 p.m. Jan 26 – Mar 8
\$65

Adults

Pottery for Adults – Beginning

Wheel- and hand-building techniques will be taught to beginning students and those who wish to improve their basic pottery skills. Class fees include three hours per week of instruction by a professional potter, 25 lbs. of clay, kiln and glaze materials, and a pass card for the use of the studio during center hours when no other class is scheduled. **(See Note) Min 8/Max 12 Age: 18+*
Instructor: Elizabeth Blaufuss

Tuesday Class

6 – 9 p.m. Jan 13 – Mar 16 \$165

Thursday Class

6 – 9 p.m. Jan 15 – Mar 18 \$165

**(Note) The pottery classes are not designed for production work. Enrollment closes after second class.*



Pottery for Adults – Intermediate

Prerequisite: Two Green Lake Community Center beginning pottery classes or the equivalent minimum skill level. Class will focus on improving one's skills in either wheel-throwing or hand-building, good structural design, aesthetics and exploring the glazing process. Instruction and hands-on experience in loading the kiln will also be covered. Class fee includes three hours per week of instruction by a professional potter, 25 lbs. of clay, kiln and glaze materials, and studio access during community Center hours when no other class is in session **(See Note)*. Min 8/Max 12

**(Note) The pottery classes are not designed for production work. Enrollment closes after second class.*

Wednesdays

6 – 9 p.m. Jan 14 – Mar 17 \$170

Performing Arts & Dance

Argentine Tango – Advanced

This class is for advanced dancer who want to be challenged. Material presented will be taken primarily from tango maestros such as Miguel Zotto, Carlos Gavito, Osvaldo and Lorena, Gustavo and Gisell, Milena Adn Ezequile, etc. However, long difficult sequences will be broken down into component parts in order to focus more on technique and style, and to provide a dance vocabulary that can be used in "social" environment. Dancers will not be asked to change partners in this class, so you should find a partner to enroll with who is suitable for your skill level and temperament.
Ages: 16 +

Instructor: Clayton Nelson

Wed 7:30 – 9:15 p.m. Jan 14 – Mar 3 \$65

Guitar – Beginning

This informal and friendly class provides an introduction to the guitar basics such as tuning, naming the strings, easy chords, and simple songs in a variety of styles including folk, blues, country and more. It also provides an introduction to some easy scales and teaches how to read tablature and notation for the guitar. As the class progresses, we work towards playing together in an ensemble fashion. **Adults.**

Mondays 7:30 – 8:30 p.m. Jan 26 – Mar 22 \$60

Guitar – Continuing/Intermediate

(Prerequisite: Beginning Guitar or Equivalent)

A continuation of Beginning Guitar. We will continue to develop our ensemble skills and learn more advanced songs, chords and solos. We will also expand our knowledge of how chords and scales are built (music theory), and try out a variety of flat picking and finger picking styles. 8 weeks. Min 4/Max 10.

Instructor: Charlotte Vanderwolf

Mondays 8:30 – 9:30 p.m. Jan 26 – Mar 22 \$60

Athletics

Basketball League – Adult

Bring your team and get involved in the Green Lake Basketball league. We will have both men's and women's teams. Games will be played March through June. Each team can have up to twelve members but no less than five. If interested please contact Jasen Thomas at Green Lake Community Center at 206-684-0780.

Apr 15 – Jun 15

Free Shoot – Winter*

Come shoot the "J" with your friends. The gymnasium at Green Lake is open for adults to come down and shoot some hoops.

Mon/Tue/Wed/Fri 1 – 3 p.m.
Sun Noon – 4:30 p.m.

Saturday FREE SHOOT is NOT available Winter Quarter.

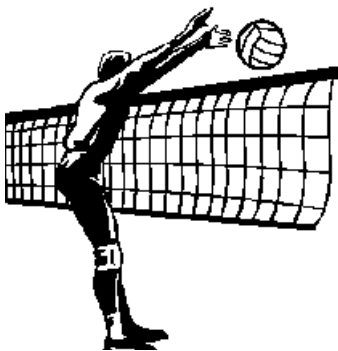
*Free shoot hours subject to cancellation for special program scheduling.

Age: 18+

FREE

Volleyball League – Adult

Green Lake Community Center is offering Co-Rec and Women's Leagues. League play will begin the in April and includes a seven week regular sched-



ule and with single elimination playoffs. Priority is given to returning teams and groups joining as teams. Individuals interested in getting on pre-existing teams can call and be put in a waiting list.

Mon, Tue 6:30 – 9:35 p.m. **Apr 15 – Jun 15**
\$200

Martial Arts

Hap Ki Do

Hapkido is a Korean martial art literally meaning the "way of harmonious energy." Students will be instructed in both offensive and defensive techniques which include kicks, punches, joint locks, throws, takedowns, pressure points, escapes, blocks, and stances, as well as learning how to fall, wrestle, and free spar. Gain control of your body and confidence in your ability to defend yourself through the practice of Hapkido. Beginners are welcome and can start at any time. Min 4/Max 20. **Ages 18+.**

Instructor: Bart Turner (1st Degree Black Belt)

Mon – Thurs 6 – 7:30 p.m.
4 Days a week \$50 per month
2 Days a week \$37 per month

Shorinji Kempo

Shorinji Kempo is a martial art rooted in the life philosophy of Kongo Zen. It integrates 'hard' techniques (kicks, punches, blocks) and 'soft' techniques (break holds, locks, pins, throws), and applies pressure-point techniques to both therapy and self-defense. Observers may drop in any time; new participants may start training on the first practice day of each month. Min 4/Max 20 **Ages 18+.**

Instructor: Sadato Konoya

Tue, Thu 7:30 – 9 p.m. **Jan 3 – Mar 27**
\$17 per Month

Life-long Learning

First Aid and CPR

Update your First Aid and CPR certifications. This class meets WISHA and OSHA requirements. Call the American Red Cross at 206-323-2345 to register.



Tue, Thurs 4:30 – 8:30 p.m.
Jan 20 – Jan 22

Tue, Thurs 4:30 – 8:30 p.m. **Feb 24 – Feb 26**

Tue, Thurs 4:30 – 8:30 p.m. **Mar 23 – Mar 25**

Inline Skating for All Ages!

Progressive skill lessons for all ages TO SAFELY MASTER the basics of Inline Skating. Skills begin with International Inline Skating Association's Primary Skills: Balance/Stance, Edging, Rotary Motion, Pressure Application. Progress to: Stride 1, Heel Stop, A-Frame Turn,. Stride 2, Grass Stop, Spin Stop, Parallel, Turn.. Includes tips on Hydration, Nutrition, Stretching, Warm-up, Cool-down, and Controlled Descent.

Inline Skating is a Serious Sports Discipline. The goal is SAFETY FIRST and to provide a knowledgeable foundation upon which YOU CAN BUILD A LIFETIME OF HEALTHY FUN Instructors are skilled skaters and qualified to instruct IISA skate progressions.

Requirements:

- (1) All participants must sign all Liability Waiver Agreements.
- (2) Teens 13 – 17 years of age must sign all Waivers and their parents/guardians must sign same.
- (3) Youth 12 years and under must have parent/guardian registered and participating in same session.

Class size: Min 5/Max 9. ALL AGES

In case of rain, class will be held indoors.

Skate School Check List:

Bring: Water Bottle, Nutritious Snack, and Small Backpack

Wear: Clean Socks, Layers of Clothing, Walking shoes with footbed inserts, Sunblock and sunglasses (optional)

Please eat breakfast!!! Try to be early. Miss a lesson; make it up next month.

Dedicate yourself to safety first.

Registration Required: 206-684-0780.

Session1: Saturday, Feb.14 – 28

Session 2: Saturday, Mar. 13 – 27

Session 3: Saturday, April 10 – 24

Session 4: Saturday, May 8 – 12

All lessons meet @ Greggs Cycles – Skates and Board Shop., north door, 10 a.m.sharp!

Saturdays 10 a.m. – Noon

\$60 includes 3 lessons, 6 hours of instruction, skates, helmet, and all protective gear.

Dog Obedience

Dog Obedience – Puppy

This is a class for puppies 8 – 20 weeks old as of the first day of class. Emphasis will be on preparing your puppy to live around people and other pets with an introduction to basic dog obedience. This is a fast-moving, positive, and motivating class. Vaccinations must be current and will be checked at the first class. Limit one dog per student. Students under the age of 12 years old must get instructor's permission before signing up for the class. Please bring the following to each class: a rug or mat, paper towels, plastic bags, small bag of dried dog food or small training treats, and your dog on a leash. Please do not feed your dog within the hour before class. Min 4/Max 10

Instructor: Sarah Kahn

Puppy Age: 8 – 20 weeks old

Wednesdays 6:30 – 7:30 p.m. Jan 21 – Feb 25
\$50

Dog Obedience – Basic

This class will focus on home manners such as: "come" & "down", "sit", "stand", "stay" & walking on a loose leash. Dogs must be at least 20 weeks old. The class is fast moving, positive and motivational. Please bring proof of current vaccinations the first night of class. Limit of 1 dog per student is required for the best training opportunity. Students under the age of 12 years old must get instructor's permission before signing up for the class. Please bring the following to each class: a rug or a mat, paper towels, plastics bags, small bag of dried dog food or small training treats and the dog on a leash. Please do not feed your dog within the hour before class. Min 4/Max 10

Instructor: Sarah Kahn

Dog Age: 20 weeks & older

Wednesdays 7:30 – 8:30 p.m. Jan 21 – Feb 25
\$50

Senior Adults

Northeast Senior Adult Programs

Registration Information

Jayla McGill, Recreation Specialist
206-386-9106

Winter Quarter Dates

January 5 – March 19, 2004 (11 weeks).

Registration begins

December 22, 2003

Class Registration

All class/workshop registrations will take place by phone or mail using the form in this brochure. State the class/date you are paying for with your check. *Please don't mail checks prior to Dec. 22.* **Do NOT register for trips by mail – they're "Phone-in" only.** Class and trip dates/times are subject to change.

All Class Payments

Please make checks payable to **SAAC** and mail to:

Senior Adult Programs, Attn: Jayla
8061 Densmore Ave N
Seattle, WA 98103-4436

Note: "Session Fee" covers the cost of 1 day per week for the quarter.

PACE

\$22

PACE = People with Arthritis Can Exercise. Especially designed for people with arthritis.

Instructor: B. Ode

Mondays

11 a.m.

Workshops

Improve Your Hearing!

Free

Audiologists from Virginia Mason's Listen for Life Center present ways to get the most out of your hearing, including latest technologies.

Wed., Jan. 28

11 a.m. – Noon

Downsizing Your Home Setting

Free

How to Downsize Your Living Environment and Live to Tell About It! Experts/authors Mimi Handlin and Arline Abrams share their wealth of knowledge with humor.

Wed., Feb. 11

11 a.m. – Noon

Games

Chess Club

Free

Join enthusiasts for a game of strategy and skill. Drop-in play.

Fridays

1 – 5 p.m.

Jan 8 – Mar 19

Walking Club

Walking Club

\$5

Seattle Parks and Recreation and Swedish Medical Center team up to bring you a walking program for all fitness levels; includes 2 educational programs. Meet once a week to walk around Green Lake, stretching as a group before we set out. All participants set a walking goal, and we'll celebrate our success on the final day with a No-Host lunch out.

Wed

Jan. 14 – Feb.18

11 a.m.

Aerobics/Fitness

Body Conditioning

\$22

This class combines dynabands and free weights for over-all strength conditioning.

Instructor: B. Ode

Age: 55+

Thursdays 10:45 – 11:45 a.m. Jan 8 – Mar 18

Tai Chi (Wu Style)

\$22

Fall-prevention strategies, improved circulation, slow, gentle, short movements. *Classes meet one day per week.*

Instructor: J. Proebstel

Wednesdays

10 a.m.

Thursdays (Walk Aids)

11 a.m.

Fridays

10 a.m.

Senior Adult Trips

Registrations begin at 8 a.m. on the date listed under each trip.

Suzzallo Library/ Burke Museum

\$5.50

Firs explore the "Soul of the University," and after lunch (on your own), we have a guided tour of the "Reverent Remembrance" exhibit at the Burke Museum.

Mon, Jan 12 9:55 a.m. – 4 p.m. *Reg. Dec 30*

Steilacoom Park

\$5.50

Located in Lakewood, south of Tacoma, it offers a scenic hiking trail through woods and over hills that yield panoramic views of the Sound. Afterwards, we'll have lunch on our lawn at a nearby eatery.

Mon, Jan 26 9:55 a.m. – 2 p.m. *Reg. Jan 15*

Religions of the World

\$5.50

We'll take a guided tour of a Buddhist monastery, an Islamic mosque, and a Catholic church, and then we'll have lunch (on your own) at a Culinary Arts School.

Mon, Feb 2 9:05 a.m. – 4:30 p.m. *Reg. Jan 22*

Glass Art in the Neighborhood

\$5.50

We'll visit two glass-making studios you probably never knew existed and experience a guided tour by the resident artisans. Lunch on your own.

Mon, Feb 9 9:55 a.m. – 3 p.m. *Reg. Jan 29*

I do! I do!

\$3.50

Civic Light Opera's presentation of the charming and intimate story of 50 years of married life features a delightful score as universal as marriage itself. **\$10 admission due on trip day.**

Sun, Feb 22 1:35 – 5 p.m. *Reg. Jan 8*

Line Dance

\$3.50

A one-hour lesson with a popular local instructor followed by a potluck lunch. Please bring something to share. **\$6 lesson fee due on trip date.**

Mon, Feb 23 10:25 a.m. – 1:15 p.m. *Reg. Feb 5*

Culinary Arts Field Trip

\$5

Rosangela, our cooking class instructor, guides us through some of her favorite neighborhood bakeries. Afterwards, lunch on your own at Gordito's. Limited to 9.

Mon, Mar 1 9:35 a.m. – 2 p.m. *Reg. Feb 19*

McCaw Hall

\$4

We'll take a guided tour of Seattle's newest entertainment venue located at the Seattle Center. Then lunch on your own.

Mon, Mar 8 9:35 a.m. – 1 p.m. *Reg. Feb 26*

Tolt/MacDonald Park

\$5.50

Head to Carnation for a scenic, easy, level walk followed by lunch on your own at Remlinger Farms.

Mon, Mar 15 9:35 a.m. – 2 p.m. *Reg. Mar 4*

Trip Registration Information

* PAYMENT must be received 5 working days PRIOR to departure.

* MAKE CHECKS PAYABLE TO S.A.A.C.

* MAIL CHECKS TO:

Senior Adult Programs
Attn: Jayla
8061 Densmore Ave N
Seattle, WA 98103-4436

Trip Registration

Register by calling 206-386-9106 at 8 a.m. on the **date** listed under each trip. You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, trip name, and pick-up site. You'll **only** be called back if you're on the wait list. **Don't use the "mail-in" form. Phone-in only for trips.**

Evans Pool

7201 E Green Lake Dr N

Seattle, WA 98115-5301

Phone: 206-684-4961 Fax 206-684-0881

Visit us online at www.seattle.gov/parks/

Hours of operation

Early Morning Lap Swim	
Monday through Friday	6 – 7:30 a.m.
Monday & Wednesday	10 a.m. – 9:30 p.m.
Tuesday & Thursday	10 a.m. – 10 p.m.
Friday	10 a.m. – 8 p.m.
Saturday	8:30 a.m. – 5:30 p.m.

Holiday closures

January 21, Dr. Martin Luther King, Jr.'s birthday

February 18, Presidents' Day

Preventative Maintenance Closure

March 1 – March 14, 2004

Biannual closure for major maintenance projects of the facility. No programs offered at this time. Our front counter will remain open for customer service. All other pools will be open during this time.

Program registration

Winter Re-enrollment for swim lessons is December 15 – 20, 2003.

Winter Open Registration Lottery is onsite Wed. Jan. 7, 2004 @ 6:30 p.m. **All new participants must be pre-tested prior to registration.*

Spring Re-enrollment for swim lessons is February 23 – 28, 2004.

Spring Open Registration Lottery is onsite Tues. Mar. 16, 2004 @ 6 p.m. **All new participants must be pre-tested prior to registration.*

Program dates

Winter: January 1 – February 29, 2004.
Lessons: Monday, January 12 – Saturday, February 28.

Spring: March 15 – June 20, 2004.
Lessons: Monday, March 22 – Saturday, June 12.

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the third Tuesday evening of every month to talk about programs,

policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Management Staff

Ken Bounds, *Superintendent*

Christopher Williams, *Operations Director*

Kathie Huus, *Northwest Parks and Recreation Manager*

Tom Ostrom, *Northwest Senior Recreation Coordinator*

Professional Staff

Steve Vela, *Aquatic Center Coordinator*

Donna Sammons, *Assistant Aquatic Center Coordinator*

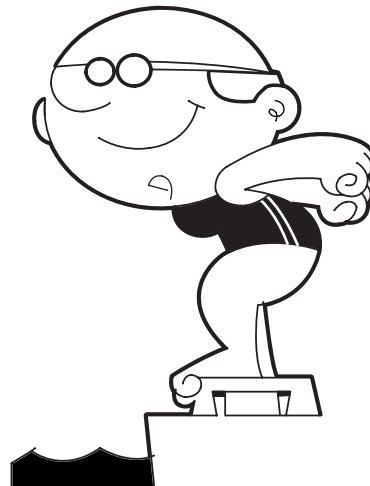
Ken Anderson, *Pool Operator*

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.



Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

Evans Pool is available to rent for special events and birthday parties Saturdays 5:30 – 9:30 p.m. and Sundays noon – 8 p.m. For more information, call 206-684-4961 during operating hours. Please allow 2 weeks advance notice for all rental requests. Standard fee for 1 hour pool and 1 hour deck time for less than 30 swimmers is \$141.50 (Fee increases with additional swimmers). Payment required to hold reservation.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for swim lesson registration in person during regular facility hours. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please

make checks and money orders out to City of Seattle or G.L.A.C. (staff rental fees). **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

See Fees and Charges page in pool portion of brochure.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that any person who registers for a swim policy that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Scholarships

The City of Seattle and Evans pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded. (See refund policy.)

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Winter 2004 Daily Program Schedule/Swim Times

Mondays and Wednesdays

6:00 – 7:30 A.M. Early Lap Swim
 10:00 – 11:00 Shallow Water Aerobics
 10:00 – 10:45 Hydro Fit (Deep) (M)
 Aqua Jogging (Deep) (W,F)
 11:00 – 11:30 Tot Lessons
 11:30 – Noon Kinder(M,W) 3 y.o. (W) Lessons
 Noon – 1:30 P.M. Adult & Senior Swim
 1:30 – 2:30 Public Swim (3 lanes)*
 2:30 – 4:00 Roosevelt High School Swim Team
 4:00 – 5:30 Cascade Swim Team
 5:30 – 6:30 Lap Swim (6 lanes)
 6:30 – 7:00 Kinder Lessons
 7:00 – 7:30 Beg. Yth. Lessons
 7:30 – 8:00 Adv. Yth. & Comp. Strk. Les.
 8:00 – 8:30 Adult Les./Comp Stroke
 8:30 – 9:30 Masters (drop-in)

Tuesdays and Thursdays

6:00 – 7:30 A.M. Early Lap Swim**
 10:00 – 11:00 Stretch & Flex (Tu)
 Water Walking (Th)
 10:00 – 10:45 Hydro-Fit (Deep)
 11:00 – 11:30 3-year-old lessons (Tu)
 11:30 – Noon Adult, 3 y.o. Lessons (Tu or TH)
 Noon – 1:30 P.M. Adult & Senior Swim
 1:30 – 2:30 Public Swim(3 lanes)*
 2:30 – 4:00 Roosevelt High School Swim Team
 4:00 – 4:30 Kinder Lessons
 4:30 – 5:00 Beginning Yth. Les.
 5:00 – 5:30 Adv. Yth. and Private Les, K1&2
 5:30 – 6:30 Lap Swim (6 lanes)
 6:30 – 7:00 Tots/Private Lessons
 7:00 – 8:00 Public Swim (No Lap Lanes)
 8:00 – 9:00 Water Exercise
 8:00 – 8:45 Aq J(Tu) /Hydro(Th)
 9:00 – 10:00 Adult & Senior Swim



Fridays

6:00 – 7:30 A.M. Early Lap Swim **
 10:00 – 11:00 Shallow Water Aerobics
 10:00 – 10:50 Aqua Jogging (Deep)
 11:00 – 11:30 Tot Lessons
 11:30 – Noon Kinder Lessons
 Noon – 1:30 P.M. Adult & Senior Swim
 1:30 – 2:30 Public Swim (3 lanes)*
 2:30 – 4:00 Roosevelt High School Swim Team
 4:00 – 5:30 Cascade Swim Team
 5:30 – 7:00 TGIF Lap Swim (6 lanes)
 7:00 – 8:00 Public Swim
 8:00 – 9:00 Free Teen Swim

Saturdays

8:30 – 10:00 A.M. Lap Swim
 10:00 – 10:30 Tots & Adv. Yth. Les.
 10:30 – 11:00 Kinder Lessons
 11:00 – 11:30 Beg. Yth. Les.
 11:30 – Noon Special Populations/Kinders 1&2
 Noon – 1:30 P.M. Adult & Senior Swim
 1:30 – 2:30 Public Swim (No Lap Lanes)
 2:30 – 3:00 Special Population Les.
 3:00 – 3:30 Special Population Les.
 3:30 – 4:30 Public Swim (No lap lanes)
 4:30 – 5:30 Lap Swim
 5:30 – 9:30 Rentals: Call 684-4961 to schedule.

Sundays

Noon – 8:00 P.M.
 Rentals: Call 684-4961 to schedule.

* 3 lanes unless large kids' group scheduled.

** Early Morning Lap Swim requires check or pre-purchased recreation swim card for admission. *No cash or credit cards accepted.*

SAUNA is closed from 7:30 – 10 am and at the conclusion of the final swim each night. Children under 18 must be under adult supervision.

EVANS POOL CLOSED ON JANUARY 1, JANUARY 16, FEBRUARY 16, MARCH 1 – 14 (maintenance closure).

Spring Schedule: March 15 – June 20, 2004.

2004 Fees and Charges

Recreation Swim Prices

Youth	\$2.25
Adult	\$3.25
Senior Adults	\$2.25
Spec. Pop/ADA	\$2.25
Recreation Swim Card	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00
Children under 1 year old	Free

Water Exercise Fees

Adult Fitness	\$3.75
Sr./Youth/ADA Fitness	\$2.50
Fitness Swim Ticket	\$30.00

Fees Subject to Change

Other Fees

"Just a Shower"	\$2.00
Towel Rental	50¢
Goggles	\$5.00/\$7.00
Caps	\$2.50/\$8.00
Sauna	Pool Admission
Weights	\$2.50
Hydro-fit/Aqua Jogger Rental	\$1.50

*F.A.S.T. Pass:

Best Value for Your Buck!

Fitness/Recreation Swim Ticket

An unlimited personal monthly pass which allows you to access all fitness and recreational swim programs, sauna, and pool weight machine. Good at any City Pool!

Swim Lesson Information

Current participants may re-enroll for Winter 2004 the week of December 15 – 20, 2003. Payment must be made at this time to secure placement. There are no holds for spots. We do not currently accept mail-in or phone in registration.

All new participants must have a swimming pre-test to determine appropriate class placement. This may be done for free during any public swim. Please check in at the front desk.

New enrollees may sign up at Open Registration. This is a lottery process and numbers are drawn. When your number is called, you will receive a registration slip for the class you wish to attend. It is best to have more than one class time in mind in case your first choice is full.

Winter Open Registration Lottery is
Wednesday, January 7, 2004 @ 6:30 pm.
 Winter lessons run January 12 – February 28, 2004.

Spring Open Registration is
Tuesday, March 16, 2004 @ 6 pm.
 Spring lessons run March 22 – June 12, 2004.

A minimum of 4 students is required for all swim classes. Programs may be combined or canceled if the minimum enrollment is not met.

CLASS TIMES/FEES

Winter	Dates	# of lessons	FEES
Monday*	Jan 12 – Feb 23	5	\$20
Tuesday	Jan 13 – Feb 24	7	\$28
Wednesday	Jan 14 – Feb 25	7	\$28
Thursday	Jan 15 – Feb 26	7	\$28
Friday	Jan 16 – Feb 27	7	\$28
Saturday	Jan 17 – Feb 28	7	\$28



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Public Schools. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. Vouchers will be mailed to each 3rd- and 4th-grader in 2003. For more information on the "Learn to Swim" program, please call Evans Pool @206-684-4961 or visit the web at

www.cityofseattle.net/parks/aquatics/learntoswim.htm.

Swim Lessons

***All lessons meet once per week.**

Parent Tot Lessons

An introduction to the water for infants and toddlers, ages 8 months to 4 years old. The instructor teaches the parent how to safely help adjust the child to the water. Basic holds and cues are introduced. Emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult.

Ages 8 months – 4 years old

Mon	11 – 11:30 a.m.	Jan 12 – Feb 23	\$20
No class 1/19 or 2/16			
Tues	6:30 – 7 p.m.	Jan 13 – Feb 24	\$28
Wed	11 – 11:30 a.m.	Jan 14 – Feb 25	\$28
Thurs	6:30 – 7 p.m.	Jan 15 – Feb 26	\$28
Fri	11 – 11:30 a.m.	Jan 16 – Feb 27	\$28
Sat	10 – 10:30 a.m.	Jan 17 – Feb 28	\$28

Three Year Old Lessons

Small classes with knowledgeable instructors designed to start your child learning basic swimming skills and water safety. Maximum ratio 3:1.

Registration: Current participants may re-enroll the last week of lessons. Others may sign up at open registration lottery. Winter Open Registration is Wednesday, January 7 @ 6:30 p.m. Call 684-4961 for more information.

Pre-requisites: *One session of tots @ Evans Pool. *Child must be comfortable in the water and hanging on pool wall. Should be independent from parents, and be able to follow instructions from teacher.

Tues	11 – 11:30 a.m.	Jan 13 – Feb 24	\$42
Tues	11:30 a.m. – Noon	Jan 13 – Feb 24	\$42
Wed	11:30 a.m. – Noon	Jan 14 – Feb 25	\$42
Thurs	11:30 a.m. – Noon	Jan 15 – Feb 26	\$42

Volunteer Swim Instructor Aide

Looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a 1½-hour block of time once a week during our lesson program. All volunteers must complete a background check and go through a volunteer orientation. Call 206-684-4961 for more information.

Kinder Lessons

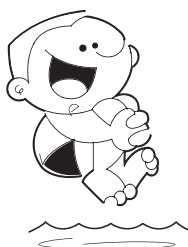
Basic swimming skills are introduced and taught. In progressive levels, K1 and K2 classes cover water adjustment and basic skills for children with no or little swimming experience. K3 and K4 progress to more advanced skills.

Ages 4 – 6

Mon	11:30 a.m. – Noon	Jan 12 – Feb 23	\$20
No class 1/19, 2/16			
Mon	6:30 – 7 p.m.	Jan 12 – Feb 23	\$20
No class 1/19, 2/16			
Tues	4 – 4:30 p.m.	Jan 13 – Feb 24	\$28
Tues	5 – 5:30 p.m.*	Jan 13 – Feb 24	\$28
Wed	11:30 a.m. – Noon	Jan 14 – Feb 25	\$28
Wed	6:30 – 7 p.m.	Jan 14 – Feb 25	\$28
Thurs	4 – 4:30 p.m.	Jan 15 – Feb 26	\$28
Thurs	5 – 5:30 p.m.*	Jan 15 – Feb 26	\$28
Fri	11:30 a.m. – Noon	Jan 16 – Feb 27	\$28
Sat	10:30 – 11 a.m.	Jan 17 – Feb 28	\$28
Sat	11:30 a.m. – Noon*	Jan 17 – Feb 28	\$28

***This new class time is for Winter Quarter only. It is for first-time students, Kinders levels 1 & 2. This time slot may not be offered in the Spring.**

Beginning Youth Lessons



Youth lessons offered in American Red Cross progressive skill levels 1 – 4. Skills begin with water adjustment and ends with the 5 major strokes. Water safety skills and diving are also introduced.

Ages 7 and up

Mon	7 – 7:30 p.m.	Jan 12 – Feb 23	\$20
No class 1/19, 2/16			
Tues	4:30 – 5 p.m.	Jan 13 – Feb 24	\$28
Wed	7 – 7:30 p.m.	Jan 14 – Feb 25	\$28
Thurs	4:30 – 5 p.m.	Jan 15 – Feb 16	\$28
Sat	11 – 11:30 a.m.	Jan 17 – Feb 28	\$28

Swim Lessons

***All lessons meet once per week.**

Advanced Youth Lessons

Progressive skill lessons for youths who have completed level IV. They must be comfortable swimming lengths of the pool, have strong flotation and crawl stroke skills, and a good whip kick. Students build on the five major strokes, refine techniques, build strength and endurance and practice water safety skills. **Ages 7 and up**

Mon 7:30 – 8 p.m. Jan 12 – Feb 23 \$20
No class 1/19, 2/16

Tues 4:30 – 5 p.m. Jan 13 – Feb 24 \$28

Wed 7:30 – 8 p.m. Jan 14 – Feb 25 \$28

Thurs 5 – 5:30 p.m. Jan 15 – Feb 26 \$28

Sat 10 – 10:30 a.m. Jan 17 – Feb 28 \$28

Competitive Stroke

For advanced-youth-level swimmers who are interested in preparing for swim team or just learning competitive swim skills. Must have passed Advanced Youth Level 7.

Mon* 7:30 – 8 p.m. Jan 12 – Feb 23 \$20

Mon* 8 – 8:30 p.m. Jan 12 – Feb 23 \$20

**No class 1/19, 2/16*

Wed 7:30 – 8 p.m. Jan 14 – Feb 25 \$28

Wed 8 – 8:30 p.m. Jan 14 – Feb 25 \$28

Teen Swim

Ages 13 – 18. This Friday night recreational swim is for teens only. They may enjoy the whole pool, diving board, and slide under the supervision of our lifeguards. (No lessons are offered at this time). Additional structured teen programs and activities are scheduled at Green Lake Community Center. For more info, call Monica at 206-684-0780.

Adult Lessons (ages 14 and up)

Classes for both the non-swimmer and the experienced swimmer. Skills taught begin with basic water adjustment and end with advanced swimming strokes. Instructors make a skills assessment and tailor the lessons to the needs of the participants. Some optional basic diving skills may be taught. **Ages 14 and up**

Mon 8 – 8:30 p.m. Jan 12 – Feb 23 \$20
No class 1/19, 2/16

Tuesdays 11:30 a.m. – Noon Jan 13 – Feb 24 \$28

Wed 8 – 8:30 p.m. Jan 14 – Feb 25 \$28

Thurs 11:30 a.m. – Noon Jan 15 – Feb 26 \$28

Special Population Lessons

30-minute lessons for participants with special needs. Each lesson participant is screened for admission and is limited to one 30-minute block per session. At the discretion of the Assistant Coordinator, participants may be placed in a small group lesson or receive one-on-one instruction.

To accommodate more students, there is a 2-session limit. Those participants wishing to continue after 2 sessions will be placed on a waiting list and contacted if space becomes available.

To set up an appointment, call Assistant Aquatic Center Coordinator Donna Sammons, at 206-684-4961. All participants must be placed by the Assistant Coordinator. **Ages 4 – 17.**

Sat 11:30 a.m. – Noon Jan 17 – Feb 28 \$28

Sat 2:30 – 3 p.m. Jan 17 – Feb 28 \$28

Sat 3 – 3:30 p.m. Jan 17 – Feb 28 \$28

Private Lessons

Half-hour 1:1 or 2:1 private or semi-private lessons allow for customized instruction to meet individual needs. Sign-up in person at Front Desk. You may sign up for up to 4 lessons per session. When your lessons that session are completed, you may sign up for future lessons based on availability. Payment required at sign-up.

Other times may be available if instructors can be scheduled. Call 206-684-4961 to make a request.

Ages 4 years old and up

1:1 – \$22 each class

2:1 – \$32 each class

Personal Lesson Refund Policy: A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator, 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

Transfer Policy: Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours notice.

Water Fitness

Winter Adult Lap Swims

Mon – Fri 6 – 7:30 a.m.

Admission by pre-purchased Rec Swim Card only. May be purchased during daily business hours. The pool opens at 10 a.m. Mon-Fri and 8:30 a.m. on Sat.

Mon – Sat Noon – 1:30 p.m. 3 lanes avail.

Mon – Fri 5:30 – 6:30 p.m. 6 lanes avail.

Tue, Thu 9 – 10 p.m. 3 lanes avail.

Mon – Fri 1:30 – 2:30 p.m. *3 lanes avail.

**This is a Public Swim time with 3 lanes available unless large groups are scheduled.*

Saturdays 8:30 – 10 a.m. 6 lanes avail.

Saturdays 4:30 – 5:30 p.m. 6 lanes avail.

Drop-in: \$3.25 Adults/ \$2.25 Seniors

Masters Workout

Our staff will post a workout ranging from 2,000 – 3,000 yards. Lanes are arranged for different speeds and swimming abilities. Staff is available to answer questions.

Mon, Wed 8:30 – 9:30 p.m.

Drop-in: \$3.75 Adult, \$2.50 Seniors

Shallow Water Exercise

These shallow water work-outs are designed to help improve cardiovascular conditioning as well as increase joint range of motion and flexibility. AM and PM classes vary in intensity. Evening classes tend to be higher impact. Participants are encouraged to work at their own pace.

Mon, Wed, Fri 10 – 11 a.m.

Tues, Thurs 8 – 9 p.m.

Drop in: \$3.75/Adult, \$2.50/Senior



Stretch & Flex

NEW! "STRETCH AND FLEX" CLASS! A low impact water exercise class designed to compliment our Thursday Water Walking class. The objects of the class are to improve joint range of motion and flexibility, increase muscle strength, and provide opportunities for muscle toning. Some equipment may be used. This is a shallow water class; no swimming required!

Tuesdays 10 – 11 a.m.

Drop-in: \$3.75 Adult/\$2.50 Senior

Water Walking

Participants move through the water using various steps and movement patterns. The instructor emphasizes improving joint range of motion and flexibility by using the resistance of the water as a fitness tool.

Thursdays 10 – 11 a.m.

Drop-in: \$3.75 Adult/\$2.50 Senior

Deep Water Aqua-Jogging

Aqua jogging is a great way to experience the benefits of aerobic exercise without the harmful impact of most landbased workouts. Participants wear a float belt to maintain proper body alignment and keep the head above water. Workout consists of suspended deep water running routines augmented by enhanced upper body resistance training. Must be comfortable in deep water.

Wed, Fri 10 – 10:45 a.m.

Tuesdays 8 – 8:45 p.m.

Fees: Drop-in: \$3.75/Adult, \$2.50/Seniors

Hydro-Fit

Hydro-fit is a 45 minute deep water exercise program which uses ankle floatation equipment for buoyancy and resistance. Hydro-fit workouts are designed to tone, strengthen, build endurance, develop coordination and increase flexibility. Participants must be comfortable in deep water.

Mon, Tues, Thurs 10 – 10:45 a.m.

Thursdays 8 – 8:45 p.m.

Drop-in: \$3.75 Adult/\$2.50 Senior

Community Centers

Alki.....	684-7430
Ballard.....	684-4093
Bitter Lake.....	684-7524
Delridge.....	684-7423
Garfield.....	684-4788
Green Lake.....	684-0780
Hiawatha.....	684-7441
High Point.....	684-7422
Jefferson.....	684-7481
Langston Hughes Peforming Arts Center.....	684-4757
Laurelhurst.....	684-7529
Loyal Heights.....	684-4052
Magnolia.....	386-4235
Meadowbrook.....	684-7522
Miller.....	684-4753
Montlake.....	684-4736
Queen Anne.....	386-4240
Rainier Beach.....	386-1925
Rainier.....	386-1919
Ravenna-Eckstein.....	684-7534
South Park.....	684-7451
Southwest.....	684-7438
Van Asselt.....	386-1921
Yesler.....	386-1245

Pools

Ballard.....	684-4094
Evans.....	684-4961
Madison.....	684-4979
Meadowbrook.....	684-4989
Medgar Evers.....	684-4766
Queen Anne.....	386-4282
Rainier Beach.....	386-1944
Southwest.....	684-7440
Colman (Summer only).....	684-7494
Mounger (Summer only).....	684-4708

Environmental Learning Centers

Carkeek Park E.L.C.....	684-0877
Camp Long E.L.C.....	684-7434
Discovery Park E.L.C.....	386-4236
Seward Park E.L.C.....	684-4396

Community Connections

Animal Control.....	386-4254
Aquarium Info.....	386-4320
Ballard Little League.....	789 3288
Ballfield Reservations.....	684-4082
Bats Northwest.....	256-0406
Bathhouse Theater.....	524-1300
Boat Launch Permits.....	684-4075
Compliments/Complaints.....	684-4837
Green Lake Boat Rentals.....	527-0171

Green Lake Library.....	684-7547
Green Lake 2020.....	781-8886
Green Lake Park Alliance.....	689-6266
Green Lake Rowing and Sailing.....	386-1913
Green Lake Small Craft Center.....	684-4074
Handicapped Programs.....	684-4950
North Central Little League.....	706-9268
Parking enforcement.....	625-5011
North-End Cab.....	363-3333
PAWS.....	743-3845
Permits – Park Use.....	684-4080
Permits – Special Events.....	684-8017
Picnic Reservations.....	684-4081
Pitch & Putt Golf.....	632-2280
RUG Youth Baseball.....	523-8377
Senior Adult Programs.....	684-4951
Small Crafts Center.....	684-4074
Seattle Tennis Center.....	684-4764
Special Populations.....	684-4950
Wading Pool Hotline.....	684-7796
Wild Bird Clinic.....	824-6249
Woodlawn Youth Soccer.....	632-1930
Yellow Cab.....	622-6500
Zoo information.....	684-4800

Green Lake Complex
7201 E Green Lake Drive N
Seattle, WA 98115-5130
206-684-0780

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